

Additional Wellness Resources

You can always find more health resources online at our Fresno County Wellness website: http://www.co.fresno.ca.us/ wellness

Upcoming Events

• Weight Watchers at Work - 2017 Informational Meeting

Wednesday, Jan. 11, 2017 at 12 p.m., Plaza Building, 21st Floor Training Rm WE NEED A MINIMUM OF 15 PAYING MEMBERS TO CONTINUE TO OFFER WEIGHT WATCHERS

• Live Wellness Webinar - Resolution Revolution

Wednesday, January 11, 2017, 11 a.m. to 12 p.m.

Wow - 60% of folks who make New Year's resolutions keep them, but people who don't set goals achieve none of them! Define your goals and develop a mindset that drives you to make choices to achieve the results you most desire.

To register: Ask your supervisor to email HRTraining@co.fresno.ca.us



Publication of the Department of Human Resources

Better Health Together Issue 01 Jan 2017

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no cost to you when you get these services in-network?

⇒ **Preventive Health** Guidelines

ISSUE

Your Free

Benefits

Preventive Care

While preventive care is free, diagnostic (non-preventive) care is not. What's the difference? Diagnostic care is used to find the cause of an existing illness, while preventive care aims to protect you from getting sick. For example, if you have digestive symptoms and your doctor recommends a colonoscopy to determine what is causing your symptoms, that is diagnostic care. However, if you have no symptoms and your doctor recommends a colonoscopy screening due to your age, that is preventive care.

- ⇒ Anthem Preventive **Care Benefits**
- ⇒ Kaiser Preventive **Care Benefits**



this issue

Message from Dr. Bird P.1

Preventive Care Benefits P.2

ER or Urgent Care? P.3

Upcoming Events P.4

Making New Years' Resolutions Stick



survived the numerous unhealthful activities presented by the holidays, and if you're like many of us, you've started planning your New Year's

health and wellness resolutions for 2017. But, according to Dr. Deepak Chopra, "While more than 40% of American adults make a resolution to live a better life each year, fewer than half keep their promises to themselves for longer

than six months."1

"When you begin any new selfimprovement program, enthusiasm is high and you're

motivated by the pleasure of what you want or the pain of what you don't want. But motivation naturally diminishes with time. When your motivation wanes, you rely more on willpower. But no one has an endless supply of willpower."2

So what is needed is a viable plan to turn new conscious activity into the subconscious habit that makes up the auto pilot that runs 95% of our lives.2

With that in mind I'd like to offer what I believe are the best suggestions for making healthful habit formation more successful.

With the overall goal of health and wellness in mind, you should assess your current status. Then decide on one, or two, or three behaviors you think would contribute most to your wellbeing. This would best be done in consultation with your health care provider.

"Don't beat yourself up for occasional lapses. Just jump back on the wagon.'

Be specific about these behavior changes. Keep them simple, and write them down. As examples write out, take the stairs instead of the elevator, or walk a set amount

of time on a set schedule, or substitute fruits for other desserts at designated meals.

Make the behavior convenient. It's much easier walking or jogging from home or work than to get in the car, drive to the gym, do your work out there, then drive back. (Continued on page two.)



7 Reasons to Join Weight Watchers at Work in 2017

MORE WEIGHT LOSS

Lose more weight with the program than you would tying to lose weight on your own.

FLEXIBLE WEIGHT LOSS

Lose weight without counting calories.

MOTIVATION AND TOGETHERNESS

Lean on fellow members for tips and advice you need to stick with weight loss.

EXPERIENCED LEADERS

All leaders have lost weight with Weight Watchers and know the secrets to success.

ONLINE TOOLS

Tools to keep you motivated and an unmatched online community at your fingertips.

RECIPES TO SUIT YOU

Whether you like cooking from scratch or convenience, there's something for everyone.

CONVENIENCE

Attend weekly meetings with coworkers at your workplace.

2017 WEIGHT WATCHERS AT WORK INFORMATION & SIGN-UP MEETING

Wed., Jan. 11, 2017 at 12 p.m. at the Plaza Building, 21st Floor Training Room.

⇒ Informational Flyer



Let's get healthy together in 2017!

We asked Dr. Bird, Health
Officer, how to make goals and
resolutions stick.

(Continued from page one.)

Preparing healthful meals ahead of time is another convenience example.

Make the behavior fun. I still remember a cardiology professor from my medical school days lecturing that if you're out there jogging to the cadence of I hate this "stuff", I hate this "stuff", it's probably not doing you much good.

Make sure you have everything you need to assure success with the activity (proper shoes and clothing, correct cooking utensils, etc.).

Mark your successes on a prominent calendar, and review it regularly.

Don't beat yourself up for occasional lapses. Just jump back on the wagon.

Reward yourself (healthfully) for clear successes.

According to a 2009 study referenced by Dr. Chopra, it takes an average of 66 days to form a habit. ¹

But to form the habit you have to start with conscious effort and a plan. Remember that a journey of a thousand miles begins with a single first step.

Citations: http://www.chopra.com/
http://steps-for-creating-healthy-habits-0
<a href="http://lifehacker.com/how-to-trick-your-brain-to-create-a-new-healthy-your-brain-to-create-a-new-healthy-new-health

More Health Tips for 2017

habit-868231704

Presented by the Department of Public Health

Make an appointment for a <u>check-up</u>, <u>vaccination</u>, or <u>screening</u>.

Wash your hands often with soap and water to prevent illness.

Make healthy food choices. Grab a healthy snack.

<u>Be active</u> to improve overall health. Try simple things such as taking the stairs instead of the elevator.

Consider <u>mall walking</u> if the weather is cold or icy. Be active for at least 2½ hours a week.

Be smokefree. If you are ready to quit, call 1-800-QUIT-NOW (1-800-784-8669) for free resources, including free quit coaching, a free quit plan, free educational materials, and referrals to other resources where you live. Need inspiration? Check out these videos from the Tips From Former Smokers campaign.

Get enough sleep. Remember that sleep is a necessity, not a luxury.

Gym Memberships

Fresno County has a gynmembership discount with Gb3.

⇒ 2017 Gb3 Discount

There are many local gyms offering rates year round from as low as \$10 per month (i.e. Planet Fitness, Blast Fitness, Fitness Evolution, etc.)



How did you decide to become a mentor?

I had been looking for a way to volunteer and give back to our community. By chance, I was asked to participate in a fundraiser called Bowl for Kids' Sake, to benefit Big Brothers Big Sisters. After raising money and learning more about the organization, I fell in love with the idea of becoming a mentor to a local youth and decided to become a Big Brother in the program.

For how long have you volunteered as a mentor?

I've been a Big Brother since 2012.

I was honored to be the 2015 Big
Brother of the Year, Central Valley.

What kinds of activities do you do with your mentee?

as a mentor.

We volunteer at local non-profits such as the Community Food Bank and SPCA. We go to the movies, go out to eat, play video games, and attend Fresno State football games. Sometimes we simply run errands and hang out.

What have you learned from being a mentor?

Being a mentor can be a lot of fun and is very rewarding. It's very gratifying when you can connect with a young person and have a positive impact in his life. Big Brothers Big Sisters has an excellent program that completely

supports their mentors.

Volunteering: Good for the Community

and Good for You!

January is National Mentoring

Month. We talked to Bill Hicks.

Appraiser, about his experiences

What advice do you have for people considering becoming a mentor?

Mentoring is a great way to give back to your community, and Big Brothers Big Sisters has made it very easy by professionally supporting their mentors. They have been matching "Bigs" and "Littles" for over 100 years. There is a huge need for mentors in our community. Many children are on a waiting list; the need is especially great for Big Brothers. You can learn more about volunteering as a mentor, donating, and fundraising at www.bigs.org

Healthy Hint

Tune Out to Tune In

Americans are heavier today than they were 20 years ago. We also spend a lot more time eating while staring at a screen – on a cell phone, computer, personal digital assistant (PDA) or TV. Plus, we're choosing screen time over being

active. And when your body takes in more calories than it burns, you end up with extra pounds.

TUNE **OUT**TO
TUNE **IN**

So be aware of how you eat and use your time. Skip your online chat and meet up with a friend for a walk instead. Take a lunch break from your laptop and enjoy a healthy meal and good conversation with your coworker. At home, make TV time your physical activity time. You can

work out without missing your favorite show. Learn more at <u>timewellspent.anthem.com.</u>

Urgent Care or ER?

Choosing the appropriate

place of care ensures prompt

medical attention and lower costs. Some conditions that require urgent care are: ear infections, sprains, urinary tract infections, vomiting, high fever, cough and cold. You should go directly to the ER if you experience any of the following: chest pain, shortness of breath, severe abdominal pain following an injury, uncontrollable bleeding, confusion or loss of consciousness, especially after a head injury, poisoning or suspected poisoning serious burns, cuts or infections, inability to swallow or seizures. Click here for more information

- ⇒ HMO Urgent Care

 Locations
- ⇒ <u>PPO Urgent Care</u>
 <u>Locations</u>

PHONE APP Monthly Pick: HealthyOut

Want to know how to eat healthy when you're eating out? HealthyOut makes it easy. First, find your restaurant, and the app will provide nutrition facts and healthy options. You can also search by dietary restriction or nutritional need.